

Contract to "Get Active"
with the
President's Council on Physical Fitness and Sports

I, _____, resolve to commit to a personal program to get active for the next (circle one) ___Week(s) ___Month(s) Year.

By signing this contract, I (check one that applies):

___ Promise to engage in physical activities lasting at least 8-10 minutes and slowly work my way up to 30 minutes (can be done incrementally or at one time) on at least 5 days of each week. Some of the activities I can do include walking, biking, housework (e.g., sweeping or gardening), and active play with children or grandchildren.

___ Commit to no less than 30 minutes of moderate physical activity on at least 5 days of each week. Activities such as brisk walking, bicycling, tennis, and swimming are just some of the many things I can do.

___ I acknowledge that I am already doing 30 minutes of moderate physical activity at least 5 days each week and, therefore, I commit to at least 20 minutes of vigorous physical activity three times a week to increase my level of cardiovascular activity/fitness, at least 2 days per week of strength training with light weights, and at least 2 days a week of flexibility training.

In addition, I will make choices such as taking the stairs instead of escalators and elevators, getting off the metro or bus a stop early, parking further from entrances and exits, and walking or biking to run errands when doing so is an option.

Signed on this _____ day of _____, 20__.

(Sign your name here)